

Heart Bear Easy-Peasy One-Piece Sweater

Sweater is knit in one piece from Front waist, up and over shoulders to Back waist. Side and Sleeve seams are sewn together after knitting is complete. Front and Back are identical.

- Materials:** approx. 19g DK yarn
- Needles:** pair of 4mm straight needles
- Notions:** darning needle, row counter (optional)
- Gauge:** 28 stitches, 36 rows = 10cm X 10cm
- Sizing:** Garment fits teddy bear approx. 30cm tall, with a waist of approx. 30cms



Abbreviations and techniques:

k	=	knit	kfb	=	knit in front and back of stitch to make two stitches from one
p	=	purl	pfb	=	purl in front and back of stitch to make two stitches from one
st	=	stitch	RS	=	Right Side
sts	=	stitches	WS	=	Wrong Side
inc	=	increase	dec	=	decrease
k2tog	=	knit 2 stitches together	tbl	=	through the back of the loop(s)
p2tog	=	purl 2 stitches together	sl	=	slip
sl1k	=	slip one stitch knitwise	rep	=	repeat
sl1p	=	slip one stitch purlwise	[]	=	work instructions in square brackets the number of times stated
[]	=	work instructions in square brackets the number of times stated	stst	=	stockingnette stitch—knit right side rows, purl wrong side rows
stst	=	stockingnette stitch—knit right side rows, purl wrong side rows	Cable cast-on in rib	=	This has a very discreet edge against k1 p1 ribbing. Also a very elastic, easy cast-on method. http://newstitchaday.com/alternating-cable-cast-on-knitting/ http://www.knittinghelp.com/videos/cast-on
Mattress Stitch	=	Makes an invisible side seam. http://www.knittinghelp.com/videos/knitting-tips (see diagram at end of knitting instructions)			

Front Rib Waistband

Cast-on 31 sts using cable cast-on in k1 p1 rib, leaving 30cm tail. Long tail will be used to sew Right Side and Right Sleeve seams together.

(knit next 4 rows in p1, k1 rib)

Row 1 (RS) – [p1, k1] rep to end (31 sts)

Row 2 (WS) – [k1, p1] rep to end (31 sts)

Row 3 – rep row 1

Row 4 – rep row 2

Front Body

(knit next 4 rows in stst)

Row 5 – knit (31 sts)

Row 6 – purl (31 sts)

Row 7 – rep row 5 (31 sts)

Row 8 – rep row 6 (31 sts)

Begin Sleeve Increases

(inc 1 st at each end of the next 8 rows)

Row 9 (RS) – kfb, k29, kfb (33 sts)

Row 10 (WS) – pfb, p31, pfb (35 sts)

Row 11 – kfb, k33, kfb (37 sts)

Row 12 – pfb, p35, pfb (39 sts)

Row 13 – kfb, k37, kfb (41 sts)

Row 14 – pfb, p39, pfb (43 sts)

Row 15 – kfb, k41, kfb (45 sts)

Row 16 – pfb, p43, pfb (47 sts)

Begin Sleeve Cuff Bands

(add 4 sts of rib to sleeve edges)

Row 17 (RS) – k1, p1, k1, p1, k39, p1, k1, p1, k1 (47 sts)

Row 18 (WS) – p1, k1, p1, k1, p39, k1, p1, k1, p1 (47 sts)

Add Sleeve Edge Stitches

Row 19 (RS) – sl1k, p1, k1, p1, k39, p1, k1, p1, k1 (47 sts)

Row 20 (WS) – sl1p, k1, p1, k1, p39, k1, p1, k1, p1 (47 sts)

Continue Front Sleeves

(knit next 6 rows in stst with cuff bands and Sleeve edge sts)

Rows 21 to 28 – rep rows 19 and 20

Begin Front Neck Band

(add 19 sts rib to middle of Front – 4 rows of rib in total)

Row 29 (RS) – sl1k, p1, k1, p1, k10, [p1, k1] 9 times, p1, k10, p1, k1, p1, k1 (47 sts)

Row 30 (WS) – sl1p, k1, p1, k1, p10, [k1, p1] 9 times, k1, p10, k1, p1, k1, p1 (47 sts)

Row 31 – rep row 29

Row 32 – rep row 30

Make Neck Hole

(cast-off in rib 15 sts, in middle of 19st Neck Band)

Row 33 (RS) – sl1k, p1, k1, p1, k10, p1, k1, cast-off 15 sts, k1, p1, k10, p1, k1, p1, k1 (32 sts)

(cast-on in rib 16 sts, in middle of 19st Neck Band)

Note – extra 16th st is cast-on and then purled together* with first st on Left Sleeve to make a tight join.

Row 34 (WS) – sl1p, k1, p1, k1, p10, k1, p1, turn work, cast-on using cable cast-on in p1, k1 rib 16 sts, sl 1 st from right-hand needle to left-hand needle, p2tog*, k1, p10, k1, p1, k1, p1 (47 sts)

(* purl together creates a tighter join)

Complete Back Neck Band

(add 19 sts rib to middle of Back – 4 rows of rib in total)

Row 35 (RS) – sl1k, p1, k1, p1, k10, [p1, k1] 9 times, p1, k10, p1, k1, p1, k1 (47 sts)

Row 36 (WS) – sl1p, k1, p1, k1, p10, [k1, p1] 9 times, k1, p10, k1, p1, k1, p1 (47 sts)

Row 37 – rep row 29

Row 38 – rep row 30

Continue Back Sleeves

(knit next 12 rows in stst with cuff bands and Sleeve edge sts)

Rows 39 to 50 – rep rows 19 and 20

Begin Sleeve Decreases

(dec 1 st at each end of the next 8 rows)

Row 51 (RS) – k2tog tbl, k43, k2tog (45 sts)

Row 52 (WS) – p2tog tbl, p41, p2tog (43 sts)

Row 53 – k2tog tbl, k39, k2tog (41 sts)

Row 54 – p2tog tbl, p37, p2tog (39 sts)

Row 55 – k2tog tbl, k35, k2tog (37 sts)

Row 56 – p2tog tbl, p33, p2tog (35 sts)

Row 57 – k2tog tbl, k31, k2tog (33 sts)

Row 58 – p2tog tbl, p29, p2tog (31 sts)

Back Body

(knit next 5 rows in stst)

Row 59 – purl (31 sts)

Row 60 – knit (31 sts)

Row 61 – rep row 59

Row 62 – rep row 60

Row 63 – rep row 59

Back Rib Waistband

(knit next 4 rows in p1, k1 rib)

Row 64 (WS) – [k1, p1] rep to end (31 sts)

Row 65 (RS) – [p1, k1] rep to end (31 sts)

Row 66 – rep row 64

Row 67 – rep row 65

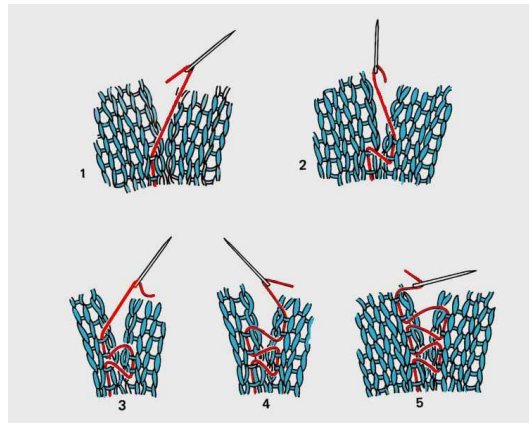
Row 68 – cast-off in k1, p1 rib.

Cut yarn leaving 30cm tail. Long tail will be used to sew Left Side and Left Sleeve seams together.

Finishing

Using 2 long tails and RS facing sew the side seams and sleeve seams together using Mattress Stitch. Sew in 2 ends.

Mattress Stitch



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- Cast-on or Cast-off stitches
- Purl on RS, Knit on WS
- Knit on RS, Purl on WS
- Knit or Purl (kfb) in front and back of the stitch to make an extra stitch
- Slip 1 stitch knit wise (sl1k)
- Slip 1 stitch purl wise (sl1p)
- Knit two stitches together to make a tight Back neck band join (k2tog)
- Knit two stitches together through the back of the loops (k2tog tbl)
- Knit two stitches together (k2tog)
- Centre Front
- Centre Back

